

April

National Stress Awareness Month

Learning to manage stress is an important part of a healthy lifestyle. You can start by joining a 7-day Healthy Habit on the Castlight app or at mycastlight.com/mybenefits.



Celebrate Nature with Your Local Park

Looking for a way to get active, connect with nature, and help the earth? Check to see what your local parks are doing for Earth Day.



<https://parks.ky.gov/>



World Autism Awareness Day

Awareness of autism is increasing. Let's continue working toward a neuro-inclusive world that honors the rights and contributions of neuro-diverse people.



Draw a Bird Day

In 1943, a little girl asked her wounded veteran uncle to draw her a bird, which took his mind off his pain. Creative outlets do the same for us today and every day!



Earth Day

Earth Day is the largest civic event on Earth. Find ways to safeguard our planet—perhaps by skipping single-use cups or walking instead of driving.



Arbor Day

Trees make the oxygen we breathe and their greenery calms and centers us. Care for a tree or join a tree-planting event today.



Adopt a Shelter Pet Day

Pets can keep us from feeling lonely, get us outside, and even lower our blood pressure. So, when you adopt from a shelter—who's rescuing whom?

SOURCES

AARP: "Leafy Greens Can Save Your Memory" Arbor Day Foundation: "If we all say yes to Arbor Day, imagine what we can grow" U.S. Department of Agriculture: "The Power of One Tree - The Very Air We Breathe" National Library of Medicine: "Can Even a Small Amount of Greenery Be Helpful in Reducing Stress? A Systematic Review" Centers for Disease Control and Prevention: "How to Stay Healthy Around Pets and Other Animals" Reviewed by Melinda Ratini, DO MS September 2023